



EMOTIONAL MASTERY STRATEGY TEMPLATE

1. Identify the feeling.
2. Acknowledge the feeling/emotions (honor them).
3. Check in with your body. Where do you feel it in your body? Name the sensations.
4. Self Discovery: Get curious about what you can learn from this (sensations, feelings, emotions).
5. Access Inner Confidence. Remember who you are observing the emotion (you are not your emotions. They aren't happening to you, but FOR you).
6. Practice flowing with change. (You have made it this far and everything has turned out... not as expected, but it has turned out. How can you stay in the flow?)
7. Move your body, take receive (source some excitement to move through you)
8. Self awareness: Recognize how your emotions impact your behaviors and choices. This leads to self acceptance and real, sustainable change.
9. Practice techniques, somatic practices and breathwork to allow emotions to flow through your body. Emotional Intelligence and Emotional Mastery strengthen.